

**WHAT IS CLAIMED IS:**

1. A functional food/drink comprising one or more selected from the group consisting of epigallocatechin-3-O-(3-O-methyl)gallate (referred to as EGCG3"Me hereinafter) and gallocatechin-3-O-(3-O-methyl)gallate (referred to  
5 as GCG3"Me hereinafter) as an optical isomer thereof, epigallocatechin-4-O-(4-O-methyl)gallate (referred to as EGCG4"Me hereinafter) and gallocatechin-4-O-(4-O-methyl)gallate (referred to as GCG4"Me hereinafter) as an optical isomer thereof, and strychnine.
2. The functional food/drink according to claim 1, wherein EGCG3"Me,  
10 GCG3"Me, EGCG4"Me, GCG4"Me and strychnine are obtained as tea extracts and/or are contained in ground tea.
3. The functional food/drink according to claim 2, wherein the tea is of Assam hybrid and/or Chinese species.
4. The functional food/drink according to claim 3, wherein the Assam  
15 hybrid is one or more selected from the group consisting of "Benifuki", "Benihomare", and "Benifuji" and the Chinese species is one or more selected from the group consisting of "Seishin dai-pan", "Seishin oolong", and "Oba oolong".
5. The functional food/drink according to any one of claims 1 to 4,  
20 wherein one or more ingredients of EGCG3"Me, GCG3"Me, EGCG4"Me, and GCG4"Me are contained at 0.01 mg to 1,000 mg per one liter to daily intake of 0.3 mg to 3,000 mg.
6. The functional food/drink according to any one of claims 1 to 4,  
wherein one or more ingredients of EGCG3"Me, GCG3"Me, EGCG4"Me, and  
25 GCG4"Me are contained at 1 mg to 500 mg per one liter to daily intake of 3 mg to 300 mg.
7. The functional food/drink according to any one of claims 1 to 6,

wherein strychnine is contained at 0.01 mg to 1,000 mg per one liter to daily intake of 0.3 mg to 3,000 mg.

8. The functional food/drink according to any one of claims 1 to 6,  
wherein strychnine is contained at 1 mg to 500 mg per one liter to daily intake  
5 of 3 mg to 300 mg.

9. The functional food/drink according to any one of claims 1 to 8,  
further comprising a masking agent to mask bitterness.

10. A tea bag sealed tea comprising one or more selected from the  
group consisting of EGCG3"Me, GCG3"Me, EGCG4"Me, GCG4"Me and  
10 strychnine therein.